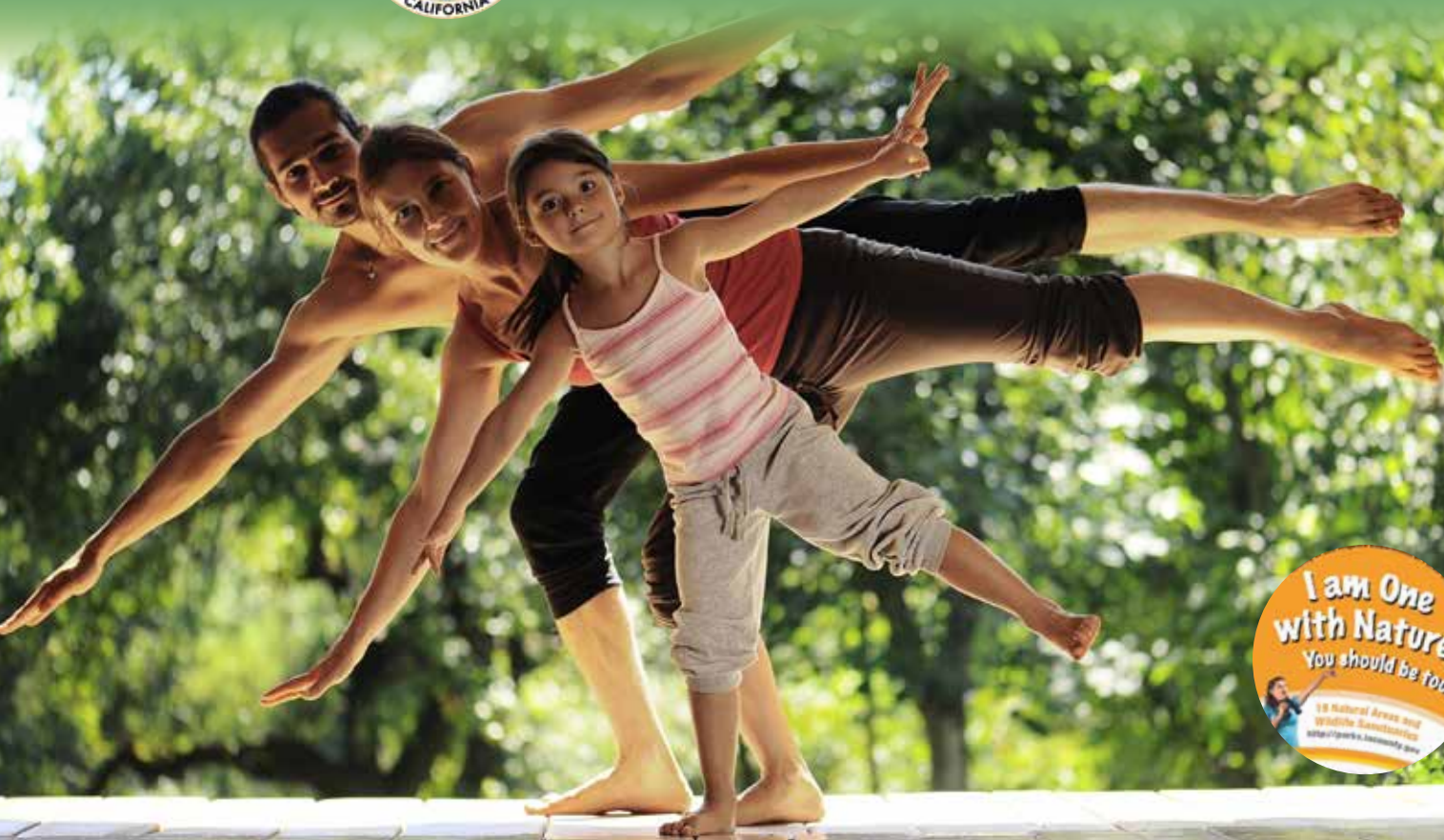




COUNTYWIDE FITNESS CHALLENGE 2014



BE ONE WITH NATURE!

Always wanted to try circuit training? Now's your chance!
Join us for a day of family fun.



KAISER PERMANENTE®

CIRCUIT TRAINING
FITNESS POWER WALKS
SOFTBALL PLAYOFF
EXERCISE SESSIONS
NATURE WALKS
PICNIC AREA
FREE GIVEAWAYS
DRAWING PRIZES

Alondra Community Regional Park

3353 Redondo Beach Boulevard
Lawndale, CA 90260
(enter at Yukon Avenue)
2nd Supervisorial District

Saturday, September 6, 2014

8:00 am - Noon

8:00 a.m. **Registration starts**

8:30 a.m. **Fitness Walk**

9:00 a.m. – Noon **Softball Playoff**

8:30 a.m. – Noon **Circuit Training Sessions**

10:30 a.m. **Fitness Walk**

RSVP to secure your giveaway at <http://dhr.lacounty.info>

